

South Carolina

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases (Web site under development)

The Epidemic

61% of South Carolina adults are overweight or obese. (CDC BRFSS, 2002)

The obesity rate among South Carolina adults rose by 90% from 1990 to 2002.
(CDC BRFSS, 2002)

Less than 25% of South Carolina adults eat the recommended five or more servings of fruits and vegetables a day and less than 50% are regularly active most days of the week.
(CDC BRFSS, 2002)

26% of low-income children between 2 and 5 years of age in South Carolina are overweight or at risk of becoming overweight.
(CDC PedNSS, 1990, 2002).

Partners

African Methodist Episcopal Church
American Cancer Society S.C. Affiliate
American Diabetes Associations S.C. Affiliate
American Heart Association S.C. Affiliate
Blue Cross/Blue Shield of South Carolina
Center for Research in Nutrition & Health Disparities
Clemson University
Employee Insurance Program (Prevention Partners)
Governor's Council on Physical Fitness
Medical University of South Carolina
Municipal Association of South Carolina
Office of School Food Services and Nutrition
South Carolina Primary Health Care Association
S.C. Coalition for Promoting Physical Activity
S.C. Department of Health and Human Services
South Carolina Department of Transportation
South Carolina Healthy Schools
South Carolina Medical Association
South Carolina Nutrition Research Consortium
Univ. of South Carolina Prevention Research Center
University of South Carolina School of Medicine

Program Priorities

A South Carolina Partnership for Obesity Prevention (SCPOP) is being formed to lead the development of the State Plan for Obesity Prevention and Control.

Goals for SCPOP include increasing physical activity, increasing consumption of fruits and vegetables, decreasing TV time, increasing breast-feeding rates, increasing the proportion of people at a healthy weight, increasing research on obesity, and reducing the burden of obesity-related chronic diseases.

Possible future efforts include partnering with S.C. Healthy Schools using the School Health Index and the implementation of a nutrition education curriculum; work site wellness initiatives, to include policy and environmental changes to support breast-feeding; faith-based wellness programs; and opportunities for physician education on obesity prevention.

Upcoming Events and Products

- Development of a state-based obesity surveillance system
- Trainings and technical assistance for key state and local community partners to broaden obesity prevention knowledge
- Development of adult and childhood obesity fact sheets

Project Period: 2003-2008

Year First Funded: 2003

Funding Stage: Capacity Building

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